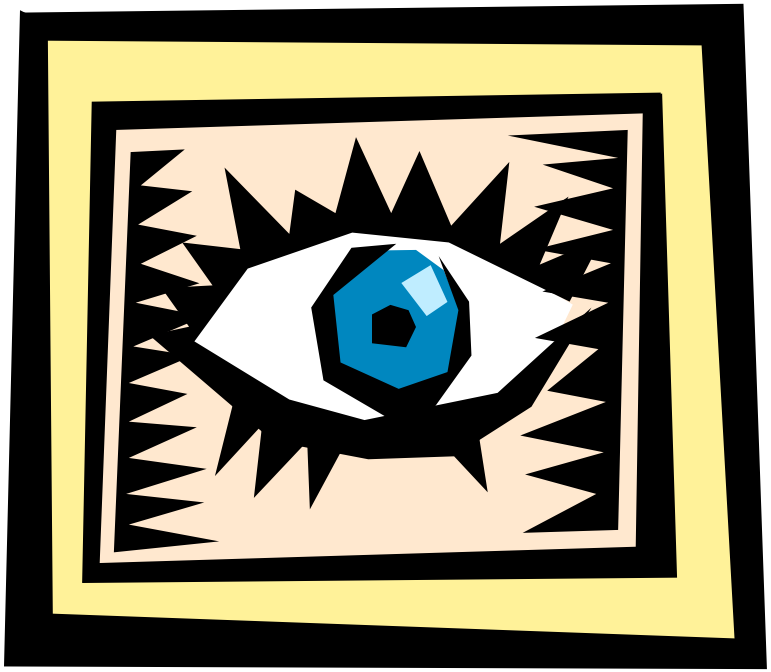
CFAY Safety Office presents SIGHT CONSERVATION PROGRAM



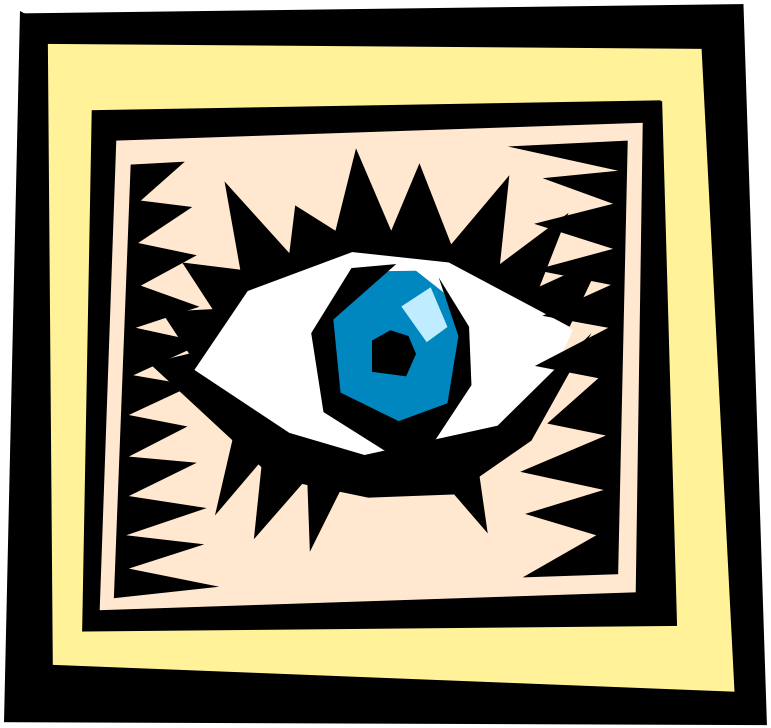
OBJECTIVES: *Upon completion of this topic, you will be able to:*

- Identify the elements of the Navy's sight conservation program.
- Define a sight hazard and describe how they are marked or identified.
- Describe the various types of eye protection.

Background

- Eye injuries cost industry $300 million each year in compensation and lost work time. The loss of sight can be devastating and is easily preventable. The Navy has a Sight Conservation Program to identify eye hazardous situations, to post those hazards, and provide personal eye protection.

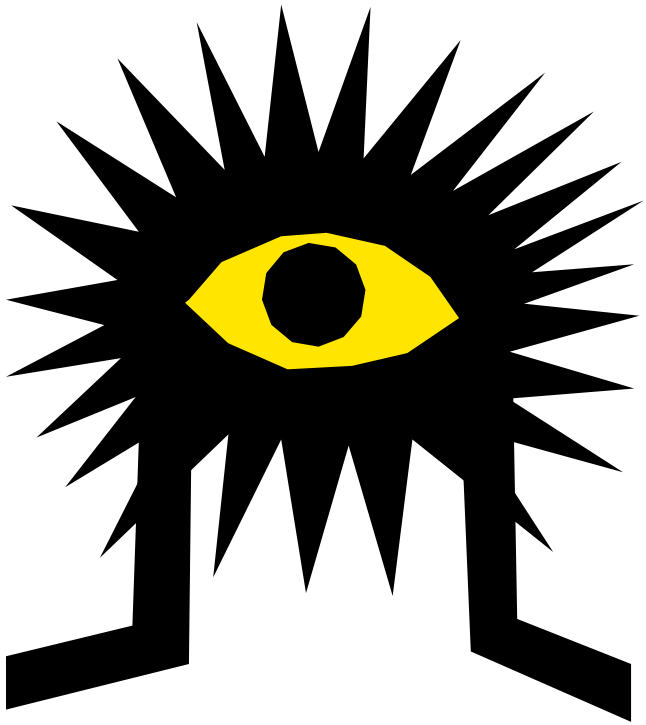
Your Eye’s Defenses



- Tears self-clean the eyes of foreign materials and irritants.
- The eye lid is a physical barrier to foreign materials, but not sharp objects.

Types of Eye Injuries

- Foreign Bodies
  - Abrasions
  - Contusions
  - Irritation from particles



Types of Eye Injuries

- Chemical Burns
  - Gases
  - Acids
  - Alkalis
  - Vapors

Types of Eye Injuries

- Radiation burns
  - Infrared light
  - Ultraviolet light
- Laser

Navy Sight Conservation Program Elements

1. Identify eye hazardous areas.
2. Eliminate eye hazards.
3. Post eye hazardous areas
4. Provide protection

Eye Protection & Personal Protective Devices

* Must meet American National Standards

Institute manufacturing standards,

ANSI Z87 or Z87.1 must be stamped on glasses

* Eye and face protective devices are not **substitutes** for machine guards and engineering control. ***Personal eye and face protective devices alone should not be relied on to provide protection against hazards, but should be used in conjunction with guards & engineering controls.***

Eye Protection & Personal Protective Devices

- Each style / type is designed for a specific hazard.
  - Safety or impact glasses
  - chemical splash goggles
  - impact or chipping goggles
  - UV protection welding helmets
  - welding goggles and face shields

Eye Protection & Personal Protective Devices

- Each style / type is designed for a specific hazard (*continued*)
  - Laser radiation
  - Plano

Eye Protection

- When handling strong acids / alkalis, double eye protection is required.
- Face shields must be worn with safety glasses or goggles.
- When working around ultraviolet light (welding or burning), protection is selected for the level of intensity.

Emergency Eyewash Stations

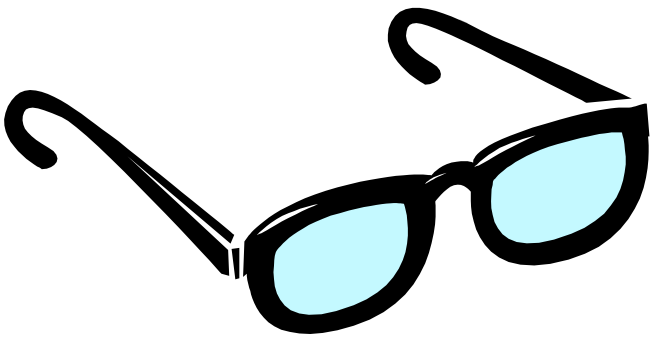
- Must meet ANSI Standards
- First aid is flushing eyes with fresh water for 15 minutes
- Flushing is used to dilute strong chemicals
- Required where corrosives are used
  - Battery lockers

Screening Examinations

- All personnel exposed to eye hazardous areas/operations shall be scheduled for sight screening examinations.
- Records of evaluation shall become part of an employee’s permanent medical file.
- Eye wear shall be properly fitted.
- OSH offices will determine proper procurement procedures.

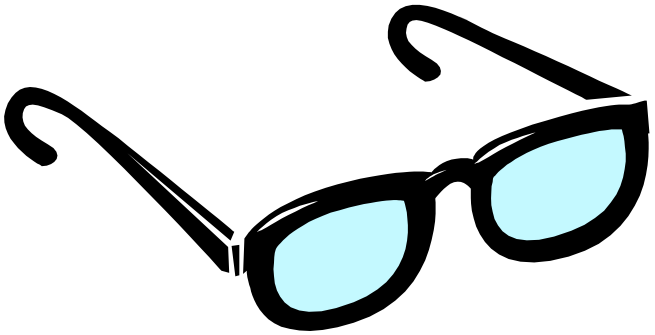
Maintenance of Eyewear

- Responsibility of wearer
- Supervisor enforce wearing and maintenance
- Report damage or loss to supervisor



Temporary Protective Eyewear

- Temporary eye wear must also be provided to visitors in eye hazardous areas.



Training

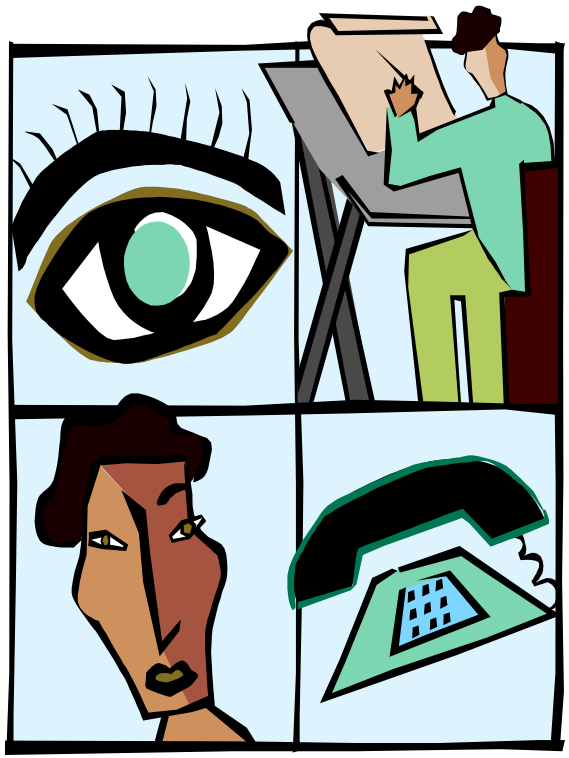
- A training program on the need for and use of protective eyewear shall be conducted at all activities.
- Training must include jobs requiring eye protection, location of nearest eyewash station, it’s proper use and simple first aid measures.

Training (continued)

When addressing washing of the eyes,

training shall address holding the eyelids open and rolling the eyeballs so flushing fluid will flow on all surfaces of the eye and under the eyelid.

Responsibilities



- Activity OSH offices shall determine eye hazardous areas, occupations and processes.
- The servicing medical facility shall provide sight screening examinations and refractive services.

Responsibilities
(*continued*)

- User/Worker - Wear provided protective eye wear where required.
- Comply with eye hazard signs.
- Undergo vision testing, as required.
- Maintain protective eyewear in a clean and sanitary condition

Eye Injury First Aid

- Never rub the eyes to remove particles or if eyes are irritated.
- For chemical burns, flush with fresh, cool water for a full 15 minutes, then report to medical.
- For punctures and eye trauma, cover both eyes gently with a soft cloth and get medical treatment.

Eye First Aid
(Continued)

- Report all minor cuts and eye problems to medical treatment facility. A minor scratch could lead to an eye infection possibly causing scar tissue and loss of sight.

Review and Summary

- There are many processes and work situations which are a potential hazard to the eyes. Frequent minor mishaps are corneal abrasions and particles in the eye. Many non-industrial jobs, such as dusting overheads, can also be hazardous and may require eye protection. Always remember, your sight is worth more than a few minutes of your time to put on proper eye wear.

Print out and fax this quiz with your answers to CFAY Safety Office at 243-6412 or mail to CFAY Code 004.

Name: _____ Command/Code: _____

Job Title: _____

Phone Number: _____ e-Mail Address: _____

Sight Conservation Quiz

CIRCLE THE CORRECT ANSWER.

1. The Navy's Sight Conservation Program is:
   a. Give every employee a pair of safety glasses.
   b. Posts any area where an eye injury has occurred.
   c. Does not pertain to welders.
   d. Identifies eye hazardous situation, post those hazards, and provides personal protection and training.
2. First aid for chemical eye injuries is flushing with fresh water for ___ minutes. a.20 b.5 c.15 d.30
3. Always check eye protection devices before each use. a.True b.False
4. Proper use and care of the eye protection devices shall be the responsibility of;
   a. Commanding Officer b. Supervisor c. Employee d. Department Head
5. Engineering and Administrative controls shall be the primary methods used to eliminate or minimize hazard exposure in the workplace. a.True b.False
6. The eye lid is a physical barrier to sharp objects. a.True b.False
7. If we wear eye protection devices, machine guards are not required.
   a. True b. False
8. Face shields are normally worn itself. a.True b.False
9. Chemical splash goggles can be used for welding operation. a.True b.False
10. Eye protection devices must meet:
    a. User's taste b. CFAY regulation c. ANSI standards